

Classes / Activities

We offer a plethora of classes for all ages at the Lewisburg Recreation Center.

- Zumba
- Yoga
- Water Aerobics
- Aerobis
- Senior Aerobics
- Dance
- Karate
- Silver Sneakers Classes
- Summer Programs

Schedule

Please note that times may change and there are additional costs for these classes.



Classes / Activities Schedule

Summer Programs

Please call us at 931-359-2482 to enroll in summer programs.



2017



RED CROSS SWIM LESSONS

JANUARY

January 16-20

6:00-6:45pm

Parent Child "Aqua Tots" (ages 6 months to 3 years) -----\$35.00.

January 16-20

7:00-8:00pm

Adult (ages 14 & up) -----\$35.00

FEBRUARY

February 13-17

6:00-7:00pm

Preschool 1 (4-5 years old) No Prior Swim Experience Needed-----\$35.00

February 13-17

6:00-7:00pm

Level 1 (ages 6-13) No Prior Swim Experience Needed -----\$35.00

February 20-24

6:00-6:45pm

Parent Child "Aqua Tots" (ages 6 months to 3 years) -----\$35.00

MARCH

March 6-10

6:00-7:00pm

Preschool 1 (4-5 years old) No Prior Swim Experience Needed -----\$35.00

March 6-10

6:00-7:00pm

Level 1 (ages 6-13) No Prior Swim Experience Needed -----\$35.00

March 13-17

6:00-7:00pm

Preschool 2 (4-5 years old) Must have Passed: Preschool 1 or equivalent -----\$35.00

March 13-17

6:00-7:00pm

Level 2 (ages 6-13) must have passed: Level 1 or equivalent -----\$35.00

APRIL

April 3-7

6:00-7:00PM

Level 3 (ages 4-13) must have passed Level 2 or equivalent-----\$35.00

April 10-14

6:00-7:00pm

Level 4 (ages 4 -13) must have passed Level 3 or equivalent -----\$35.00

Level 5/6 must have passed Level 4 or equivalent -----call for further information.

MAY

May 1-5

6:00-6:45pm

Parent Child "Aqua Tots" (ages 6 months to 3 years) -----\$35.00

May 8-12

6:00-7:00pm

Preschool 1 (4-5 years old) No Prior Swim Experience Needed -----\$35.00

May 8-12

6:00-7:00pm

Level 1 (ages 6-13) No Prior Swim Experience Needed -----\$35.00

DESCRIPTIONS ON BACK

TO SIGN UP CALL OR TEXT 931-993-8787



1551 MOORESVILLE HWY LEWISBURG, TN 37091

Parent Child "Aqua Tots" (ages 6 months to 3 years)

Caregiver must accompany child into the water

*The student will learn to overcome water fears,
and to float and swim with assistance.*

Adult (ages 14 & up)

Preschool 1 (4-5 years old) No Prior Swim Experience Needed

Preschoolers will learn to float and swim with assistance.

Preschool 2 (4-5 years old) Must have Passed: Preschool 1 or equivalent

*Skills taught: Independent floating,
Advanced beginner stroke, Backstroke*

Level 1 (ages 6-13) No Prior Swim Experience Needed

The student learns to float and swim with assistance.

Level 2 (ages 6-13) must have passed: Level 1 or equivalent

*Skills taught: Independent floating,
Advanced beginner stroke, Backstroke.*

Level 3 (ages 4-13) must have passed Level 2 or equivalent

Skills taught: freestyle, backstroke, elementary backstroke.

Level 4 (ages 4 -13) must have passed Level 3 or equivalent

Skills taught: Breaststroke, Sidestroke, Butterfly, Stroke refinement.

Level 5/6 must have passed Level 4 or equivalent

-----call for further information.

Skills taught: Technique improvement and stroke refinement, Personal safety.



1551 MOORESVILLE HWY. LEWISBURG, TN 37091

Instructor Bios

Content Coming Soon...